

MODULE DESCRIPTOR

Module Title

Influencing Individual Health and Wellbeing

Reference	HSM204	Version	2
Created	October 2023	SCQF Level	SCQF 11
Approved	November 2021	SCQF Points	15
Amended	November 2023	ECTS Points	7.5

Aims of Module

To discuss and justify principles and approaches for working to improve individual's lifestyles, health and wellbeing.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Critically examine contextual, environmental, psychological and political facilitating and inhibiting factors impacting on health behaviours.
- 2 Critically examine theories and models of behaviour change.
- 3 Critically evaluate a range of interventions and approaches designed to influence individual capacity for health.

Indicative Module Content

Behaviour change theories and models; ethical implications; upstream and downstream working; predicting risk behaviour; environmental factors; promoting health and self management; prevention; health promotion programmes; decreasing the risks of ill health; adherence to interventions; health beliefs; inhibiting and facilitating factors; policy directives relating to health behaviour change; social marketing; communication and media; digital communication skills; e-health using digital media for health promotion; psychological factors influencing/inhibiting health and wellbeing; digital interventions.

Module Delivery

Blended delivery comprising of on campus and online learning and engagement. This will include ? Workshops, Tutorials, Seminars, Keynote Lectures and Digital Learning Resources

Indicative Student Workload

	Full Time	Part Time
Contact Hours	22	22
Non-Contact Hours	128	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3
Description:	Presentation demonstrating development of a media/social media campaign with justification.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

The module will be assessed by a single component that will be graded on an A-F basis. A grade D is required to pass the module.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A in component 1.
B	B in component 1.
C	C in component 1.
D	D in component 1.
E	E in component 1.
F	F in component 1.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Refer Regulation A2: Admission for admission requirements and/or course specific entry requirements.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 HAGGER, M. S. et al., 2020. The Handbook of Behaviour Change Cambridge: Cambridge University Press.
- 2 HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley.
- 3 SARAFINO. E.P. 2016. Health psychology : biopsychosocial interactions, 9th ed. Oxford: John Wiley & Sons, Inc.
- 4 TAPPER, K. 2021. Health Psychology and Behaviour Change: From Science to Practice. 1st ed. Bedford, Macmillan International Higher Education
- 5 STRABHEIM, H. and BECK, S. (eds.) 2019. Handbook of Behavioural Change and Public Policy. Cheltenham: Edward Elgar
- 6 LAURENT, E. (Ed). 2021 The Well-being Transition. Analysis and Policy. Springer.